

* News *

Our office will be closed on
December 25, 2014
January 1, 2015



Please plan ahead for the holiday season and pick up your supplies early!

Our office will close at
3pm on
Friday November 11th

Please plan ahead and
pick up your supplies
early!

**Move For Health
Classes**
are cancelled
on
**December 25th
&
January 1st**

**Happy Hour Hatha
Yoga**
Is cancelled for the
remainder of 2015
It will restart in
January 2016
Stay tuned for dates
and times !
Happy Holidays!

**Guided Relaxation
Is BACK!!!**
New Time
Fridays:
1:15pm-2:00pm
In the
Relaxation Room



“CIZE”
is cancelled for the
following dates
**December 16th,
December 23rd,
December 28th
& December 30th.**

**Don't let the weather
stop you from
exercising!**
*Skating
*Walking
*Snowshoeing



**Exercise Classes:
Move For Health**
Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9 9-10 10-11 11-12

**Exercise Classes:
Move For Health**
Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am 9-10am 10-11am
11-12pm

**Community Classes:
CIZE**
Monday and Wednesday
12:15pm-12:45pm

Club Circuit
Friday 9:00-9:45am

After Hours Fitness
Monday & Wednesday
5:15-6pm

Body Works
Monday and Wednesday
4:30-5:15pm

All exercises classes offered by
the
Let's Get Healthy Program are
free

Ages 18 years and older

Please wear comfortable clothes
and bring clean/dry sneakers and
a water bottle



**Helping Build
A Better
Tomorrow**



Tsiothóhrha/December 2015

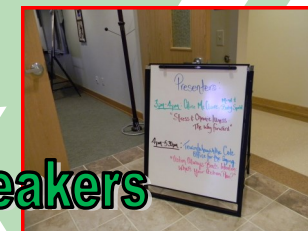
Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center for Excellence
66 Business Park Road
Akwesasne
518-358-9667

Diabetes Extravaganza

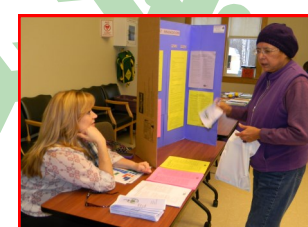
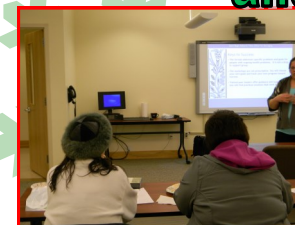
Over 50 people came out to celebrate American Diabetes Month with The Let's Get Healthy Program. There were representatives from the Saint Regis Mohawk Health Services departments, as well as blood sugar screenings, taste testing and physical activities lead by the Let's Get Healthy Program staff. Guest speakers discussed different aspects of diabetic care, along with what is offered at the Diabetes Center for Excellence and the Saint Regis Mohawk Health Services.



Guest Speakers



and Prizes!

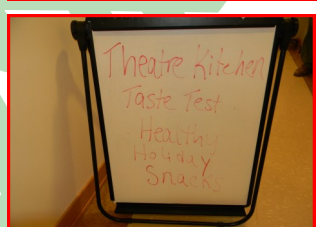


Blood Sugar Screenings



and

Information Booths



Just a Friendly Reminder

If you receive an Annual Reminder Postcard, please call the office to schedule an appointment with your Nurse Case Manager. We will schedule all necessary lab and provider appointments for you, in order to ensure all requirements of your annual are met. If a provider has already scheduled a lab for you, please inform the Nurse of the date, so we can use these results for your Annual Completion. Nia:wen
Mera Gamble-Data Clerk Specialist

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Holiday Parties and New Year's Eve



During this holiday season make a promise to put yourself at the top of your list. As hard as you've worked to stay on course with managing your diabetes throughout the year, the holiday season has the potential to throw you off. Travel, parties big meals, snacks foods at the office and drinking alcohol all create a challenging environment for eating healthy. Add to that the days of travel with little scheduled exercise, and it becomes a real effort to stay on track. Here is our promise to you: If you follow these strategies, you can maintain your blood sugar levels and enjoy the parties and gatherings along with everyone else. But, just like everything else with diabetes, you have to take a few extra steps. If you need help with your diabetes management this holiday season, such as adjusting insulin with carbohydrate intake, talk with your diabetes educator.

- ◆ Eat a small, balanced meal or snack before you leave home. If you arrive to a party hungry, you'll be more likely to overindulge (another great reason to NOT skip breakfast and lunch).
- ◆ Study ALL of the food options, and think about what you are going to have before you put anything on your plate. Decide which foods are worth eating and which can be ignored, and then stick to that decision.
- ◆ If you taste something that you don't enjoy, leave it on your plate-don't finish it!
- ◆ Choose vegetables first. Broccoli, baby carrots, cauliflower and tomatoes are good choices that are usually on the appetizer table. Take only a small spoonful of dip or skip it entirely.
- ◆ Eat chips and crackers in moderation, and definitely avoid eating them straight from the bag. Put some on a small plate and don't load them down with creamy mayo-based dips.
- ◆ Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.
- ◆ Remember to regularly check your blood sugar throughout the holidays and adding a few extra checks on a party may help guide your choices.
- ◆ Sip a large glass of water or mineral water. This will keep you hydrated and provide you with a better option than alcohol.
- ◆ Take a walk or attend your usual exercise session the day of the party. Make it a priority rather than saying there isn't time. It is probably more important than the party!

Are you hosting a dinner?

- ⇒ Make sure the menu includes healthy food choices such as fruits, vegetables and lean meats
- ⇒ Baking, broiling and barbecuing are good methods for cooking meats such as turkey. Avoid frying or adding extra fat during cooking
- ⇒ When you're cooking avoid sampling the foods more than necessary. These calories add up and can affect your blood sugar
- ⇒ If you're the host of the dinner, clear the table and put unused food away to help guests avoid grazing.

Don't forget about your beverages.

A small hot chocolate from Tim Horton's has 9.5 teaspoons of sugar (38grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)



Nurse Care



Relaxation for Stress Relief

For many of us, relaxation means zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. To effectively combat stress, we need to activate the body's natural relaxation response. No one can avoid all stress, but you can counteract it by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium.

When the relaxation response is activated:

- Your heart rate decreases
- Breathing becomes slower and deeper
- Blood pressure drops or stabilizes
- Your muscles relax
- Your body begins to heal



In addition to its calming physical effects, the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. Best of all, anyone can reap these benefits with regular practice.

Producing the relaxation response

A variety of different relaxation techniques can help you bring your nervous system back into balance by producing the relaxation response. The relaxation response is not lying on the couch or sleeping but a mentally active process that leaves the body relaxed, calm, and focused.

Learning the basics of relaxation techniques isn't difficult, but it does take practice. Most stress experts recommend setting aside at least 10 to 20 minutes a day for your relaxation practice. If you'd like to get even more stress relief, aim for 30 minutes to an hour. If that sounds like a daunting commitment, remember that many of these techniques can be incorporated into your existing daily schedule—practiced at your desk over lunch or during your morning commute.

Relaxation technique: Breathing meditation for stress relief

With its focus on full, cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.

Practicing deep breathing meditation

The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

- Sit or lie comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in deeply through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in toward your spine as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

For more information, visit: Helpguide.org





Nurse Care

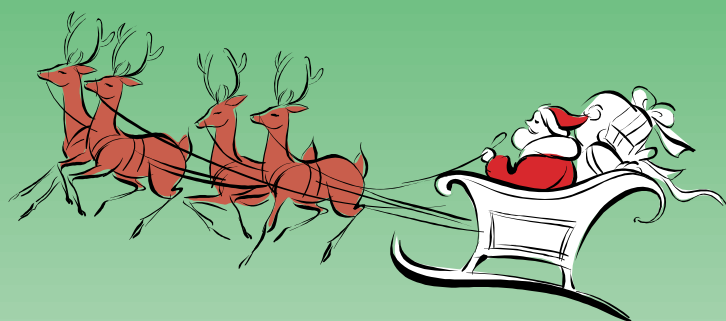


The Symptoms of Elevated Blood Glucose

Hyperglycemia is the technical term for high blood glucose (blood sugar). High blood glucose occurs when the body has too little insulin or when the body can't use insulin properly. Hyperglycemia can be acute or chronic. Acute hyperglycemia lasts only briefly and is often the result of a high-carbohydrate meal, a missed dose of medicine, stress, or illness. Chronic hyperglycemia, on the other hand, is a state of long-term elevated blood glucose. It is often the result of undiagnosed diabetes or of an inadequate diabetes treatment regimen. Chronic hyperglycemia is arguably the more dangerous of the two, as long-term elevated blood glucose has a toxic effect on the body's tissues. In fact, some of the signs of high blood glucose are actually the result of cellular damage caused by high blood glucose.

The symptoms of elevated blood glucose are:

Excessive urination
Unquenchable thirst
Dry, itchy skin
Blurry vision
Black splotches blocking your vision
Weight loss
Hunger
Fatigue
Burning sensation in toes and fingers
Loss of sensation
Wounds that are slow to heal
Frequent illnesses
Yeast infections
Urinary tract infections
Erectile dysfunction
Difficulty concentrating



Some of the symptoms have a rapid onset, while others require a long period of high blood glucose to set in.

Do you know what is happening in your body to cause all of these unpleasant symptoms?

The first is **excessive urination** as the body tries to get rid of the sugar. Some people affected need to urinate every hour, all day long. The fluid loss can be epic. This leads to dehydration, triggering **unquenchable thirst**. The dehydration can also cause **dry, itchy skin**.

In addition to thirst and dry skin, the dehydration can cause transient **blurry vision** as your body is losing enough fluid to cause the lenses of the eyes to dry out and actually warp out the shape of your eye. If you are seeing **black splotches blocking your vision**, it could be a sign of retinopathy-broken blood vessels in the back of the eye.

Meanwhile, while so much sugar is being excreted in your urine, the body cannot get enough fuel for day-to-day processes, so it burns fat reserves instead, leading to **weight loss**. The inability to process sugar in the blood-due to a combination of insulin resistance and insulin deficiency from the diabetes-also triggers **hunger** and leads to **fatigue**.

Nerve damage from long term elevated blood sugar can cause a burning sensation in the toes and fingers or can lead to a **loss of sensation** in either or both. Damage to small blood vessels can make cuts, scrapes and wounds **slow to heal**. Elevated blood sugar can also cause problems with your immune system, making it more likely you'll catch every cold and flu bug that comes along, resulting in **frequent illnesses**.

High blood sugar can also make both **yeast infections** and **urinary tract infections** more common and more serious in women. It can also cause **erectile dysfunction** in men.

High blood sugar can lead to **irritability** and **difficulty concentrating**. Most of these symptoms creep up a little at a time over weeks, months or even years. It can be hard to recognize them as warning signs that something dangerous is happening in your body. The gradual onset of this set of symptoms leads many people to write them off as a part of the normal aging process.

It's important to note that individuals differ in their sensitivity to the effects of high blood glucose: Some people feel symptoms more quickly or more strongly than others. But each sign or symptom has a specific cause behind the effect.

Once treated and controlled, people are often amazed at how much better they feel. So, if you are experiencing any of these symptoms, especially if you are experiencing more than one, see your doctor right away.

Diabetesselfmanagement.com



Prevent holiday weight gain and excess stress, by ensuring you get 8 hours of sleep, drink plenty of water, and try to exercise atleast 30 minutes each day. For more stress management tips, check out Guided Group Relaxation every Friday at the Let's Get Healthy Program at the

Diabetes Center for Excellence.

358-9667

Fitness

Core Strengthening

Getting a stronger core doesn't always mean you are trying to achieve six-pack abs, a more realistic and simpler approach is strengthening and toning your stomach. The first step in strengthening your core is achieving core stability. Your core is located on your lower torso, those muscles play a very important role in protecting your internal organs, spine and helping aid overall body movement. Which is why it is important to incorporate core exercises in your daily routine. Included are beginner exercises, most of these exercises are meant to build core stability, once they become easy you may progress to more challenging exercises. Keep in mind you want your spine aligned and flat throughout each exercise.

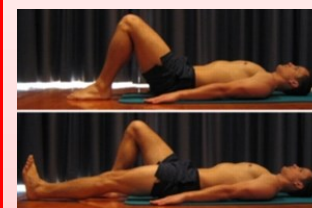


Band Rotation



Stand with feet hip distance apart, slowly rotate to the left while keeping back straight and core tight. Switch directions, rotate to the right

Heel Slide



Lying on back with hands at your side, back flat on the floor. Slowly straighten one knee, return to starting position, switch legs

Bird Dog



Start on all fours, arms directly under shoulders, knees aligned with hips. Slowly lift left arm and right leg at one time, hold for 3 seconds and return to starting position. Switch sides

EXERCISE CAN IMPROVE POSTURE

Proper posture supports the spine and helps prevent conditions such as sciatica and herniated disks, which can cause back pain. Regular exercise can actually improve your posture in several ways.

The core muscles include the abdominal group and the lower back muscles. The abs and lower back stabilize the lower torso to keep the spine upright. Core exercises condition these muscles. Try holding a plank exercise for a great core and strong back.

While the core keeps the spine in alignment, the upper body keeps the shoulder, neck and head in proper alignment. If one side of your body is stronger than the other, the muscles will pull the bones out of alignment and negatively affect your posture.

Resistance exercises can restore balance to your upper body to keep your spine in alignment. If you're feeling tight and kinked up, a simple stretch can help unkink yourself. Raise your arms overhead, interlace your fingers, palms up, and push toward the ceiling and slightly back to release tension in your shoulders.

Your feet and calves support the weight of your entire body. As with the upper body, imbalances in these muscles can negatively affect your posture. Exercises that strengthen the arches and calves can help support your body and keep your spine in alignment. Standing calf raises on a low step or platform will work arches and calves.

During aerobic exercise your core muscles have to work to stabilize your spine and keep you upright during the movement.

Exercises that use the large muscle groups of the legs, such as walking, running or cycling, also strengthen the thighs, buttocks and calves to better support the weight of your torso.



The holidays are coming, stay active and fit during the holidays.
Make a plan and stick to it. Plan your physical activity for early morning before you are up to your ears in wrapping paper, tape and ribbons.



Festive

New Fashioned Gingerbread Cake



Ingredients:

2 cups flour
1 tsp. baking powder
1 tsp. ground ginger
1/2 tsp. baking soda
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/2 tsp. ground cloves
3/4 cup water
1/3 cup packed brown sugar
1/4 cup molasses
3 Tbsp. canola oil
2 Tbsp. powdered sugar
(optional: 2 Tbsp. crystallized ginger)

Directions:

1. Preheat oven to 350F. Spray 8-inch square baking pan with nonstick cooking spray.
2. Combine flour, baking powder, ground ginger, baking soda, cinnamon, nutmeg and cloves in a large bowl; mix well. Beat water, brown sugar, molasses and oil in small bowl with electric mixer at low speed until well blended. Pour into flour mixture; beat just until blended. Stir in crystallized ginger, if desired. Pour into prepared pan.
3. Bake 30-35 minutes or until toothpick inserted into center comes out clean. Let cool 10 minutes. Sprinkle with powdered sugar just before serving.



Beef Brisket



Ingredients:

1 large onion
1 small (2-2 1/2 lbs.) well timed beef brisket
1/2 tsp. black pepper
2/3 cup chili sauce, divided
1 1/2 Tbsp. brown sugar
1/4 tsp. ground cinnamon
2 large sweet potatoes, peeled and cut into 1-inch pieces
1 cup (5 ounces) pitted prunes
2 Tbsp. cornstarch
2 Tbsp. cold water

Directions:

1. Place onion in slow cooker. Arrange brisket over onion (tucking edges under to fit). Sprinkle with pepper; top with 1/3 cup chili sauce. Cover and cook on high 3 1/2 hours.
2. Combine brown sugar, cinnamon and remaining 1/3 cup chili sauce in large bowl. Add sweet potatoes and prunes; toss to coat. Spoon mixture over brisket. Cover and cook on high 1 1/2 hours or until brisket and sweet potatoes are tender.
3. Transfer sweet potatoes mixture to serving platter, leaving juices in slow cooker. Keep warm
4. Blend cornstarch into water in small cup until smooth. Stir mixture into slow cooker juices. Cover and cook on high 10 minutes or until sauce thickens.
5. Cut brisket crosswise into thin slices. Serve with sweet potato mixture and sauce.

Cranberry-Apple Chutney

Ingredients:

1 cup sweet onion, chopped
1 cup Splenda
3/4 cup unsweetened apple juice
1/2 cup packed light brown sugar
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/8 tsp. ground cloves
1 package (12 ounces) fresh or frozen cranberries
1 large Granny Smith apple, peeled and cut into 1/2-inch pieces

Directions:

1. Combine onion, Splenda, juice, brown sugar, cinnamon, ginger and cloves in medium heavy saucepan. Bring to a boil over high heat. Reduce heat and simmer, uncovered, 5 minutes.
2. Add cranberries and apple; simmer, uncovered, 20 minutes or until mixture is very thick, stirring occasionally.
3. Cool to room temperature. Transfer to serving dish or refrigerate until ready to serve.



Feasts



Spinach Salad with Pomegranate Vinaigrette

Ingredients:

1 package (5 ounces) baby spinach
1/2 cup pomegranate seeds
1/4 cup crumbled reduced fat feta cheese
2 Tbsp. chopped walnuts, toasted
1/4 cup pomegranate juice
2 Tbsp. olive oil
1 Tbsp. red wine vinegar
1 Tbsp. honey
1/4 tsp. black pepper



Directions:

1. Combine spinach, pomegranate seeds, feta cheese and walnuts in large bowl.
2. Whisk pomegranate juice, oil, vinegar, honey and pepper in a small bowl until well blended. Pour over salad; gently toss to coat. Serve immediately.

Health Benefits

Seasonal fruits are the most flavorful and the most economical to buy.

Crunchy, sweet and savory snack that provides a good source of antioxidants, fiber and is low calorie and low in salt



Thyme-Scented Roasted Sweet Potatoes and Onions

Ingredients:

2 unpeeled sweet potatoes (about 1/4 lbs.)
1 medium sweet or yellow onion, cut into chunks
2 Tbsp. canola oil
1 tsp. dried thyme
1/2 tsp. smoked paprika
1/8 tsp. ground red pepper



Directions:

1. Preheat oven to 425F. Spray 15x10 inch cookie sheet with nonstick cooking spray.
2. Cut sweet potatoes into 1-inch chunks; place in large bowl. Add onion, oil, thyme, paprika and red pepper; toss to coat. Spread mixture in a single layer on the prepared pan.
3. Bake 20 to 25 minutes or until very tender, stirring after 10 minutes. Let stand 5 minutes before serving.



How to open and de-seed a pomegranate

Step by Step:

#1 Wash the outside of the fruit well.
#2 On a plastic cutting board, hold the fruit upright and use a large sharp knife to make a vertical cut down the middle to split the fruit in half.

*Always use plastic as the pomegranate juice will stain a wood or bamboo cutting board.

#3 Make a 1 inch cut in the top of the 2 pieces, so they are ready to be split again. Place the pieces into a clean bowl and fill with cool water until fruit is submerged.

#4 With your hands, beginning at the 1 inch split, carefully pry each piece in half so that now you are working with 4 pieces of fruit.

#5 Using your fingers to gently separate the seeds from the rind. Once all the visible seeds are removed, continue by gently prying apart the rind to reveal more sections of seeds. The seeds will quickly sink into the water and the rind will float on the surface.

#6 Once all of the seeds have been removed, remove the floating pieces of rind, use your fingers once more to brush over the seeds sitting in the bowl to remove any pieces of rind that are still attached to seeds.

#7 Strain out the water and your seeds are ready to be used. They can be eaten as is, used in recipes or patted dry and frozen to be used in the future.

Health Benefits:

Pomegranates are an antioxidant rich food, which helps to reduce inflammation. They are high in vitamin C and potassium and are a good source of fiber.

A 1/2 cup serving of pomegranate seeds:
Total calories: 71 Total Carbs: 16 grams
Total fiber: 4 grams
Total Protein: 1.5 grams
Total Potassium: 204 milligrams